

Pararescue (PJ) Requirements & Fact Sheet

As of: Feb 2012

- **Age:** Must join Air Force before 28th birthday. If person has any military time, it is subtracted from his actual age, if result is less than 28 he can still join. For example, person is 31, but had 4-years active duty. Subtract 4 from 31 = 27.
- **Eyesight Requirements:** Must be at least 20/70 or better in both eyes and both correctable to 20/20 with glasses. Waiver may be possible if one eye is 20/70 or better and other no worse than 20/200, or if both eyes are no worse than 20/100.
 - PRK/LAZIK laser surgery is approved by AF, must wait 1-year after procedure, some pre and post conditions must be met
 - Must have normal color vision
 - Must have depth perception...Can be waived CFM/SG
- **Flight Physical:** Must be able to pass a Flying Class III. Mainly pertains to strict eyesight and hearing requirements.
- **Height:** Min. height 5'0", Max. 6'8" (Waiver possible down to 4'10" up to 6'10")
- **Weight:** Maximum weight (In compliance with Air Force standards table, however, maximum weight for jump school is 250 lbs.)
- **Security Clearance:** Able to obtain a Secret security clearance
- **Citizenship:** Must be a US citizen upon start of training
- **Armed Forces Aptitude Test:** Must have a score of at least 44 in the General category
- **Physical Fitness:** Must pass the Physical Abilities and Stamina Test (PAST):
 - 2x25m Underwater Swim: Pass or Fail 10:00 Rest
 - Swim: 500m = 10:07 30:00 Rest
 - Run: 1.5m = 9:47 10:00 Rest
 - Pull ups: 10 (1 min) 2:00 Rest
 - Sit-Ups: 54 (2 min) 2:00 Rest
 - Push-Ups: 52 (2 min)

NOTE: Three calisthenics exercises are evaluated, each with specific time parameters and specific exercise form mechanics. Two minutes of rest are allotted in between exercises. All members will exercise to either muscle failure or time completion, whichever occurs first. The intent is to have members do as many "good form" repetitions in the time allotted or when muscle failure is reached. Improper repetitions will not be counted.

NOTE: PAST test results are good for an unspecified time, but will be taken again 10-60 days prior to enlistment. Member must be able to pass it again before starting the first day of the Development Course.

- **Prior Air Force/Sister Service:**
 - No inter-service transfer program into Pararescue career field, person must get discharged from other service first. (Air Force is working to change this policy.)
 - Process starts with an Air Force recruiter. If the recruiter is not aware of this procedure, call or e-mail one of the points of contact (POC) listed in this document.
 - **ATTENTION:** Prior service accessions are very limited.
 - No requirement to complete Air Force Basic Military Training (BMT).
 - **NOTE:** Prior service students report two weeks prior to class start in order to complete the Air Force Prior Service Sister Service Orientation Course, (1 week course at Lackland AFB) prior to starting to the Indoc. The second week involves in-processing to 342d Training Squadron.
 - Rank reduction may apply, must have 2-years total active service to keep E-4, 5 ½ years to keep E-5, 10-years to keep E-6, 15-years to keep E-7.
 - ****Time-in-grade (TIG)** may be applied depending on time out of service. If out less than 2-years, subtract your time out of service. From 2-4 years you get ½ of your TIG. Out more than 4-years, no TIG applied.
 - **NOTE:** The above rank information is subject to change without prior notice. Make sure the enlistment contract stipulates the grade/TIG.
- Prior service PJs may return to active duty if out less than six years, Career Field Manager can waive. Must meet same entry requirements as NPS/retainees. May have to re-attend Indoc contingent on the last time a jump/dive was performed. Refresher training may be necessary to re-qualify. If Paramedic license expires, must re-accomplish schooling. Proof of currency must be produced.
- **First Term Retrainees:** 4-year enlistees can begin retraining application process at 24 months, 6-year enlistees at 36 months. This is submitted as an exception to policy, normal cross-training window is 36-months/60 months.
- **Career Retrainees:** Air Force policy permits retraining up to 16-years service. CCT retraining advisory normally will not show any openings for TSgt or MSgt positions however, special exceptions may be possible. Slots vary per year for the ranks of E-2 through E-6.
- **Application Process via VMPF:**
 - Enter VMPF (will need CAC); go to new self-service application, and request retraining button
 - Will now be on the retraining site; fill out the Personnel Processing Application (PPA) (the PPA replaces form 4032); PPA is submitted to the AFPC Contact Center (CC) for processing.
 - Once you have submitted your PPA you will get an auto reply with an incident number for future reference; you can go under “my stuff” to check status of retraining and ask questions.
 - The CC is the consolidated MPF/MAJCOM retraining section. Their contact number is DSN 665-5000, COMM 210-565-5000.
 - The CC will now determine your eligibility status
 - If approved the CC will reply to member with what documentation is needed, (i.e. medical flight physical, PAST, etc.).
 - The member will scan the appropriate documents and send back to the CC.

- When CC approves the retraining package its loaded in MILPDS and now AFPC retraining can assign the course of initial entry, usually the PJ Indoc Course.
- **Recycled Retrainees: Successfully completed PJ Indoc but not entire pipeline**
 - If you have successfully completed PJ Indoc but did not graduate the PJ Apprentice Course and your training record (125A) does not restrict your return to PJ retraining then you may be able to reenter without going through VMPF retraining application process.
 - Contact the AETC PJ Training Pipeline Manager if you fall in this category.
- **Pipeline Schools:**
 - **Pararescue Development Course:** Lackland AFB, Texas (2 weeks)
 - **Indoctrination Course:** Lackland AFB, Texas (9 weeks)
 - **Combat Diver (Scuba School):** Panama City, Fla. (4 weeks)
- Pararescue Home-Base:** Move to Kirtland AFB, N.M.
 - **Basic Army Airborne School:** Ft. Benning, Ga. (3 weeks)
 - **Basic Survival & Underwater Egress:** Fairchild AFB, Wash. (17 days)
 - **Military Freefall Parachutist (HALO):** Yuma Proving Grounds, Ariz. (4-weeks)
 - **PJ Medical (EMT-Paramedic):** (28 weeks)
 - **Pararescue Apprentice Course:** (24 weeks)
- **Note:** Those non-prior service (NPS) Airmen who sign a 6-year enlistment contract upon entering the Air Force on the Guaranteed Training Enlistment Program (GTEP) as a Pararescuemen are eligible to receive a \$17,000 bonus after graduating from Pararescue School. All 4-year NPS members receive a smaller \$3,000 bonus. Bonuses fluctuate, so ask your Air Force recruiter your entitlement when you sign your enlistment contract.
- **Special Tactics Training Squadron (STTS):** PJs assigned to Special Tactics Units attend Phase III ERT (Employment Readiness Training) and part of Phase IV ORT (Operational Readiness Training) of the four phase (AST) Advanced Skills Training course at Hurlburt Field, FL. (10 Weeks)
 - **Phase III Employment Readiness:** Introduction to ST, Communications, Airborne, Tactical Vehicles, CSAR, High Angle Rescue Training (Desoto Falls, Ala.), Dive Training, AIE's, Light Weapons, Medical Training (Birmingham, Ala.) Call For Fire, SERE, and special ops unique training completing 90% of mission qualification training.
- **Assignment Locations in Rescue Squadrons**
 - Moody AFB, (Valdosta) Ga. (38th Rescue Squadron)
 - Nellis AFB, (Las Vegas) Nev. (58th Rescue Squadron)
 - Davis-Monthan AFB, (Tucson) Ariz. (48th Rescue Squadron)
 - Kadena Air Base, Okinawa, Japan (31st Rescue Squadron)
 - RAF Lakenheath, (England) United Kingdom (OL 1, 48th Fighter Wing)
- **Assignment Locations in Special Tactics Squadrons**
 - Hurlburt Field, (Ft. Walton Beach) Fla. (23rd Special Tactics Squadron)
 - Kadena Air Base, Okinawa, Japan (320th Special Tactics Squadron)
 - Mildenhall AB, (England) United Kingdom (321st Special Tactics Squadron)
 - Various state-side locations (371st SOCTS, Special Ops Recruiting Liaison)
 - Pope AFB, (Fayetteville) N.C. (24th Special Tactics Squadrons). Note: Assignment to 24 STS is possible after serving 2-years in an operational squadron.
 - Special selection process applies before assignment.

- Other staff & instructor assignment locations are available later at:
 - Kirtland AFB, N.M.; Lackland & Randolph AFBs, Texas; Panama City, Fla.; Yuma Proving Grounds, Ariz.; Hurlburt Field, Fla. etc.
- **Special Pays (If pay qualifications maintained for each):** Total: \$900 or more
 - Combat Diver (SCUBA): \$150/month
 - Military Free Fall (HALO): \$225/month
 - Hazardous Duty (enlisted crew member): (Based on rank: \$150-\$240)
 - Special Duty Assignment Pay: \$375
 - Note: Other special reenlistment bonuses and special duty incentive pays may apply to personnel in certain year-groups or assignment location.
- **Further Information Points of Contact**
 - **Internet Web Site:** See <http://www.afsoc.af.mil/specialtactics/> for additional information. Note: Some information is not current, contact POCs below for current data.
 - **Pararescue Training Pipeline Information:** CMSgt Ken Howk, AETC/A3TB, at 210-652-9464, DSN 487-9464 or email: kenneth.howk@us.af.mil
 - **Pararescue Indoctrination Course Commandant:** SMSgt Jason Lydon, OL-C, at 210-671-2261, DSN 473-2261 or email: jason.lydon@us.af.mil
 - **PJ Career Field Manager:** CMSgt Lee Schaffer, AF/A3OS, 703-695-4522 or DSN 574-7517 or email: lee.shaffer@langley.af.mil
 - **Special Tactics Recruiting Liaison:** Capt Samuel Schindler, 1-800-831-8723, Commercial 850-884-3346, DSN 579-3346 or email: samuel.schindler@hurlburt.af.mil
 - **Air National Guard:** CMSgt Paul Nelson, HQ ANG NGB/A3XO, Commercial 703-695-9482, DSN 612-9482 or email: paul.nelson@ang.af.mil
 - **Air Force Reserve:** CMSgt Rich Konopka, HQ AFRC/A3TR, Commercial 478-327-1490, DSN 497-1490 or email: richard.konopka@afrc.af.mil

NOTE: This Fact Sheet is a guideline. Rules, procedures, etc. change from time to time without our knowledge. For active duty Air Force members, please contact your local Military Personnel Flight for up-to-date information. For non-prior service or prior service, please contact your local Air Force recruiter for enlistment procedures.